



offers Food according to the Constitution of Body & Planet



VATA DIET

A VATA diet is suitable for anyone who needs to pacify and reduce Vata.

It nourishes, tissues - builds and gives strength and vitality.

55% Grain
20% Vegetables
10% Pulses
15% FATS & Dairy Products,
Nuts, Seeds



PITTA DIET

A PITTA diet is suitable for anyone who needs to pacify and reduce Pitta.

It aims to purify the blood and reduce heat and sourness in the body.

50% Grain
25% Vegetables
15% Pulses
10% FATS & Dairy Products,
Nuts, Seeds



KAPHA DIET

A KAPHA diet is suitable for anyone who needs to pacify and reduce Papha.

It reduces excess tissue, opens blockages and stimulates the metabolism.

45% Grain
30% Vegetables
15% Pulses
10% FATS & Dairy Products,
Nuts, Seeds

Book your DIET in Advance
Call : +91-92652 62348